



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig  
Number: 41

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 15:41:09

Speed: 6.39 km/h  
Running performance: 9:23 min/km

Rank in course/Total: 209 (of 248)

Rank in course/Men: 171 (of 203)

Best time in course: 8:37:32

Rank in category: 35(of 41)

Best time in the category: 9:58:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:56:32	8:38	36	1:20:41	167	1:29:03	27.39	3:56:32	8:38	36	1:20:41	167	1:29:03
Floh-Seligenthal	27.74	3:57:28	8:33	33	1:20:51	154	1:26:05	55.13	7:54:00	8:35	37	2:41:32	182	3:16:39
Finsterbergen	22.03	3:49:40	10:25	32	1:29:09	167	1:50:41	77.16	11:43:40	9:07	35	4:09:37	176	5:06:05
Fröttstädt	23.06	3:57:29	10:17	30	1:32:55	158	1:57:32	100.22	15:41:09	9:23	35	5:42:32	171	7:03:37